

Month 145 – Back to Normal After Radiation Therapy

I'm happy to report that many conditions have returned to where they were before radiation therapy for prostate cancer

December 19, 2022 By [Dan Zeller](#)

Finally. Things have pretty much returned to my pre-radiation therapy conditions, and I'll take that as an early Christmas gift. Let's hope it continues into the New Year.

The fatigue is gone, so I've had more energy to get out and do things.

Urinary issues are back to where they were before radiation. I'm much better at making it through the night with typically only one run to the toilet. Some nights I can make it all the way through; and a few nights I may have to make two or three trips, tops. Much better than the four to seven trips during radiation. The frequency during the day has gone way down, as has the urgency (but not as far as I'd like it to go).

My case of IBH (itchy butt hole), has pretty much—but not entirely—disappeared as well. That's really been a positive development because having bowel issues is one of my biggest concerns with radiation.

Lastly, the pain that I was experiencing in my back and ribs has also gone away. I always attributed it to the hormone therapy, but the doctors didn't agree. It's been more than seven months since I received my six month dose of Eligard, so I'll just leave it at that.

I was supposed to see my urologist on Tuesday, but I came down with a bad head cold or case of the flu (the crud stayed entirely in my head) over the last week. Today (Saturday) is the first day I'm back to about 90% but, on Thursday, I called the urologist's office anyway to postpone the appointment. I didn't want to bring any bug into the clinic as an early Christmas gift.

When I spoke with the nurse, we reviewed my PSA and agreed to retest in March 2023, with a follow-up appointment in late March or April. (The scheduling office is supposed to call me to set up the appointment.)

Be well and have a great holiday season!

[This post](#) originally appeared December 11, 2022, on [Dan's Journey Through Prostate Cancer](#). It is

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